



**Readers & Eucharistic Ministers**

**Church of Our Lady**

**Sunday 18<sup>th</sup> February**

**Reader:** Marie Condron **Eucharistic Minister:** Geraldine Murphy

**St Colman's Church**

**Saturday 17<sup>th</sup> February**

**Reader:** Richard Carney **Eucharistic Ministers:** Mary Egan, Keith Foudy, Maura Grant

**Sunday 18<sup>th</sup> February**

**Reader:** Catherine Clancy **Eucharistic Ministers:** Sandra Gallagher, Mary Gill, Angela Glynn

# Noticeboard

**Exposition of the Blessed Sacrament** will take place in the Church of Our Lady in Barnacarroll on Tuesday the 13<sup>th</sup> of February after Mass until 10:30am. Everyone is welcome to come for some time of private prayer.

**Open Day:** Bígí linn ag an Lá Oscailte! Gaelscoil Uileog de Búrca will be holding a Lá Oscailte/ Open Day on Saturday the 24<sup>th</sup> of February at 2pm. This will allow parents and children to view the school and its facilities, which includes an afterschool service and free school lunches. Please contact 094-9362000 or [oifig@gaelscoildeburca.ie](mailto:oifig@gaelscoildeburca.ie) for further information. Beidh fáilte romhaibh.

**Western Alzheimers:** are looking for volunteers to befriend those living with Dementia and give Family Carers a short break. If you are interested, contact Caroline on 087-3694477 or 094-9364900 or by email: [Volunteer@westernalzheimers.ie](mailto:Volunteer@westernalzheimers.ie).

**Bereavement Support Meetings:** Life after a bereavement can feel very lonely. Trained facilitators conduct a weekly Bereavement Support Meeting at the Family Centre, Knock Shrine, each Wednesday at 11am. There is also a special meeting for bereaved partners / spouses on the First Thursday of each month at 11am. No appointments needed. Further information from Monica Morley on 094-9375320.

**ALONE** are looking for volunteers for older people who need befriending for one hour per week and/or telephone support for two hours per week. If you are interested please contact Paul on 086-0135043 or email him at [paul.stafford@alone.ie](mailto:paul.stafford@alone.ie) for further information.

**SláinteCare Healthy Communities** with Age Friendly Mayo are organising a health and wellbeing event, "Valentine's Vitality". This will be hosted in the Great National Hotel in Ballina from 10:00 to 13:00 on February 14<sup>th</sup> Valentines Day. This event will be aimed at those aged 55+. Information around overall health, fitness and nutrition will be provided, with speakers on the day also, to advise on various aspects of wellbeing. CROI will provide free blood pressure checks. Refreshments will be served. This event is free. For further information please email [agefriendlymayo@mayococo.ie](mailto:agefriendlymayo@mayococo.ie).

**Annual Mothers Prayers Weekend** will take place in St. John's Rest and Care, Knock from Friday the 16<sup>th</sup> to Sunday the 18<sup>th</sup> of February. Please contact [ireland@mothersprayers.org](mailto:ireland@mothersprayers.org) or phone Marie 087-6184110 for further information.

**IPhone Classes:** The "Phone Masterclass" is a 6-week course designed for those who want to learn more about their phone: Commencing Monday Feb 12<sup>th</sup> from 7.30 pm - 9.30pm. in Cúram Family Centre. Cost €60. This class is for people with iPhones only. Booking is Essential. Call on 094-9362096.

**Art Classes:** Art Classes are back in Cúram Family Centre on Tuesday February 13<sup>th</sup>: Classes are fun and relaxed and for adults who wish to explore their creative potential and learn new skills. Beginners is 4-6pm and there are limited number of places in the Advanced Class from 7-9pm. Booking is essential. To book your place contact Sean on 085-2320402.

**Car Boot and Bargain Hunt:** We are collecting again for our next Car Boot Sale in Cúram Family Centre. If you have unwanted Christmas gifts or household items, ornaments etc. in your home that you no longer need, please donate to our sale. A big thank you to all who have donated items so far.

**Making a Will:** An information evening on making a will with local solicitor Brian Jennings takes place on Monday February 12<sup>th</sup> from 7:30pm – 9:00pm. Booking is essential on 094-9362096. Cost is €5.

**Art & Wellbeing Workshop:** Explore Art and Wellbeing, a two day workshop takes place in Cúram Family Centre, on Tuesday March 5<sup>th</sup> and 26<sup>th</sup> from 10am to 12 noon. For more information and to book, contact Louise on 089-4556717.